

2016 ~ BERA Body Building Club (BBC)

Located in the rear of the Gym in Bldg 461

\$30 new & renewal annual memberships

\$20 BNL Post-docs & BNL summer students

\$10 for lost card

The BERA Body Building Club (weight room) is open to employees, guest/contractors, spouse/partner and children over 18 only! (NO other extended family). With the exception of employees, all others must show their medical insurance card. RETIREES are free.

Weight Room & Gym Hours:

Monday-Friday, 7-9am and 11am-9pm

Saturday, 10am-2pm

CLOSED Saturdays between Memorial Day & Labor Day

ANNUAL MEMBERSHIP DUES for RENEWALS AND NEW MEMBERS are due in January (no matter when you join) We accept cash or checks payable to: BERA BBC

\$30 BNL employees ~ \$20 Post-docs / Summer Students ~ \$10 Lost card

- 1- Guest/contractors and family members must bring proof of medical insurance
- 2- Bring your current weight room proximity card when renewing
- 3- Cash (exact change) or check payable to BERA BBC

After January, please come to Bldg 400/Recreation Office between 11:30am - 12:30pm thank you!

Check the website for updates: <http://www.bnl.gov/bera/recreation/fitness.asp>

FREE PERSONAL TRAINER:

Our Certified Personal Trainer, **Claire Ondrovic**, can help you with your workout routine and show you how to use the machines. All new members are expected to participate in at least one (1) orientation/training session with her. Claire will be in the gym twice a month to give FREE assistance and guidance to all members.

Gym Orientation (FREE)

Claire will be at the **gym between 5-7pm** on the following Tuesday & Thursdays:

November 1	November 10
December 6	December 15
January 3, 2017	January 12, 2017
February 7	February 16
March 14	March 23
April 18	April 27
May 2	May 11
June 13	June 22